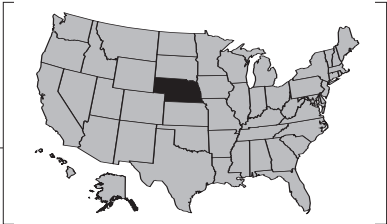


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## Nebraska

*All statistics are based on parental reports.*

	National %	State %
<b>Percent of children who are overweight</b>	<b>14.8</b>	<b>11.9</b>
Age 10-11	21.9	11.7
Age 12-14	14.4	12.3
Age 15-17	10.7	11.8
0-99% Federal poverty level	22.4	22.9
100-199% Federal poverty level	19.0	15.6
200-399% Federal poverty level	13.7	9.8
400% Federal poverty level or more	9.1	5.8
Male	18.1	15.4
Female	11.5	8.2
<b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b>	<b>71.3</b>	<b>74.2</b>
Age 10-11	78.2	76.6
Age 12-14	74.2	78.7
Age 15-17	63.3	68.5
Male	76.8	78.2
Female	65.6	70.0
<b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>	<b>58.6</b>	<b>70.2</b>
Age 10-11	61.5	72.3
Age 12-14	61.6	76.8
Age 15-17	53.4	62.7
Male	62.1	69.3
Female	55.0	71.0
<b>Percent of children with at least one parent who exercises regularly</b>	<b>72.9</b>	<b>74.1</b>